# TRAKON - ENCOUNTERING TRAUMA IN SOCIAL,HEALTH, AND EDUCATION SECTORS: SUPPORTING PROFESSIONAL WELL-BEING IN SOUTH OSTROBOTHNIA

*PROJECT DURATION: 2023-2026, CO-FUNDED BY THE EUROPEAN UNION*

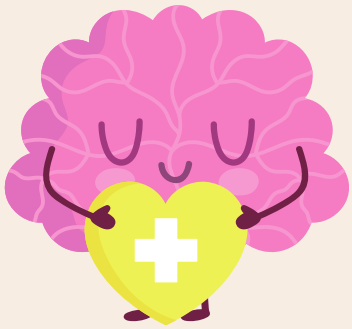
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## OVERVIEW

Professionals in social services, healthcare, and education sectors regularly work with children, youth, and families who have experienced trauma. Building a trauma-informed society requires not only professional expertise but also emotional resilience and strong structural support grounded in trauma awareness. The TRAKON project, based in South Ostrobothnia, Finland, aims to enhance trauma-informed practices and foster long-term well-being amongh professionals. Through targeted training, cross-sectoral collaboration, and systemic development, TRAKON supports professionals in creating safe and more responsive environments.

## TARGET GROUPS

- Professionals in social, health, and education sectors - including those working in child protection, crisis services, family support, rehabilitation, and schools.
- Organizational leaders across public, private, and third sectors.



## OBJECTIVES

- Increase trauma awareness and understanding among professionals
- Improve skills in trauma-informed interactions and practical support
- Enhance workplace well-being and resilience in trauma-exposed work environments
- Develop a shared, trauma-informed working culture across sectors
- Build sustainable networks and tools for long-term change

## KEY ACTIVITIES

Trauma-informed Skills Development

- Lecture series for professionals and leaders of social, health, and education sectors
- Workshops on trauma-informed methods and implementation in the workplace
- Training experience experts in trauma sensitivity and creating materials for the resource library
- Evaluation of effectiveness of trauma-informed working methods

Supporting Well-being and Resilience

- Workshops for leaders on service development and staff well-being in trauma-related work
- Peer-support sessions and professional guidance
- Compilation of workplace well-being tools into the resource library
- Body and emotional awareness workshops to support resilience
- Assessment and evaluation

Project Management, Communication and Coordination

- Project communication via website, social media, and publications
- Network for trauma-informed professionals
- Development of ethical guidelines with professionals and experience experts
- Creation of a website and an open-access digital resource library
- Opening and closing seminars
- Regional vision paper for multi-agency trauma-informed practice in South Ostrobothnia

## OUTPUTS & LONG-TERM IMPACTS OF THE PROJECT

The project will produce:

- A digital resource library for professionals (only in Finnish, you can find it here)
- Ethical guidelines for trauma-informed work with trauma-affected individuals
- Increased awareness of trauma-informed approaches among professionals and decision-makers through the website, blog posts, social media communication, and publications

To ensure long-term impact, the project will:

- Establish a professional network for trauma-informed practice in social, health, and education sectors
- Co-author a regional vision paper to support multi-agency trauma-informed collaboration in South Ostrobothnia
- One of the project's long-term goals is to strengthen interagency cooperation and build a shared vision for trauma-informed work with children, youth, and families in the region.

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TRAKON
Encountering individuals affected by trauma